

OM NAMO NARAYANI

SRI NARAYANI PEEDAM

Thirumalaikodi, Vellore
Tamil Nadu, India
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[SRI SAKTHI AMMA Introductory Video](#)

Sri Narayani Peedam is located in the village of Thirumalaikodi, about 20 minutes from the city of Vellore, and 150 kilometres west of Chennai. The local language is Tamil. From the Chennai Airport, the drive to Narayani Peedam takes anywhere from 2 - 4 hours depending on time of day and traffic.

Passports and Visas are required for entry into India.

Passport must have a minimum of 6 months validity from the date of intended return to the country of residence.

Visa All travellers must have a valid visa for entering India. E-visas can be applied for online. Each country has different requirements and visa length of stay. Please ensure that you understand and implement the conditions and maximum stay requirements for any longer term Indian visas. Overstaying your visa is a serious offence. **It is the responsibility of each individual traveller to ensure they are staying within their visa validity.**

Suggested personal items to pack

Clothing

All visitors to Peedam are requested to dress in traditional Indian attire. **Suitable clothes for women and men are available for purchase from the Sripuram clothes shop – and in buying your clothes there, you're also supporting Amma's projects!**

Women: Salwar Suit (Kurta/Kameez top, ankle-length Salwar pants, Dupatta shawl) or **Saree**

Kurta/Kameez Top

- Long loose tops that go to mid-thigh or longer, that provide full coverage
- Sleeves must cover shoulders and extend down the arm
- No revealing, low neckline or transparent tops
- No short length, singlet or sleeveless tops

Salwar Pants

- Loose-fitted, with plenty of room and flexibility for sitting comfortably cross-legged
- No tights or leggings
- Pants *must cover* the ankles

Dupatta

- It is respectful for women to always wear a long scarf or shawl – otherwise known as a dupatta – to drape across your shoulders (covering the chest area)

Sarees

- A saree consists of a 6 yards long material, blouse and underskirt (also known as a petticoat)
- Beautiful sarees, blouses and matching under skirts are available to purchase in the Sripuram shops
- A tailor is available to have your blouses made perfect to fit
- There is no need to buy sarees abroad
- **Please bring many safety pins! (large size)**

Colours Bright and colourful! Black is not traditionally worn in temple. Peedam colours are orange and red, or anything in that spectrum.

Hair Long hair must be tied up, or in a plait

Men

- Men may wear the ashram dhoti or long loose pants with a white short-sleeved shirt or tee shirt
- These are available to buy in the temple shops
- Kurta Pyjamas can also be worn
- No shorts, jeans, transparent or tight-fitted pants
- No singlet tops or vests

Footwear

- Shoes are not worn inside the temple areas or the Guest Houses. They are left at the front entrance
- Bring inexpensive slip-on footwear, such as flip-flops or sandals for walking to the temple
- No leather shoes
- Socks may be worn inside the ashram and temples if needed

Carry Bags

- You may want to bring a simple non-leather bag to carry personal items.
- Cloth bags are available for purchase

Linens/Bedding

- Towels – Bring your own towel, bath mat and hand towels
- Sheets – Optional: A basic bottom sheet is provided with a thin bed cover. Some like to bring a blanket, or even their own linen
- Pillow – the foam pillows are hard, so if you prefer something soft, bring your own

Toiletries/Hygiene

- Shampoo & conditioner
- Soap
- Scrubbing brush for feet and nails (feet get dirty!)
- Ladies products are available nearby, preferable to bring your own
- Kleenex tissues both for your room and to carry with you
- Citronella or some other natural mosquito repellent. Odomos mosquito repellent is available to buy

Laundry

- An inexpensive laundry service is available at the Guesthouse. Ladies are suggested to bring their own supplies for hand-washing underwear

Food

- Three vegetarian South Indian meals are served every day in the Guest House. (Please note that Indian vegetarian includes dairy but not egg products). There is also a good restaurant near the guesthouse, Divine Café
- Food can be spicy for anyone with a sensitive stomach. You may wish to bring your favourite breakfast cereal or some food substitutes with you to supplement your diet, i.e. *vegetarian* snacks,

protein bars, nuts, instant soups or much loved special snacks such as chocolate, protein powders, raw greens or herbal tea

- Please ensure foods you bring along with you are vegetarian (please double check soup ingredients)
- Dietary Requirements & Allergies: Please bring your own supplies and medicine (epipen if required)

Miscellaneous

- Converter/adaptor plugs for small appliances (Voltage is 220 – 240)
- Water bottle: filtered water is available in Kamala Nivas Dining Hall
- Ear plugs & eye mask
- There are chairs in the guesthouse. In temple you will be sitting on the floor. You may want to bring a small meditation cushion to sit on
- Your own cup/mug could be handy to bring along

Frequently Asked Questions:

“Can I drink the water?”

Safe Reverse Osmosis filtered drinking water is available at the Dining Hall. Tap water is not safe to drink. Bottled water is available for purchase.

“What are appropriate gifts for Amma?”

Many people have asked what they might bring. Although nothing is expected, if you choose, here are a few items that are always welcome: bird feeders, chocolates, sweets, stationery, pens and pencils. Any gifts you bring with you are to be given to Amma for distribution.

“Can we take photos in temple?”

There are restrictions regarding photographs. Cameras and phones are not to be taken into temple areas. Photos can be taken within the Guest House and surrounds.

“Is Internet available?”

Wifi is available from the front desk at Kamala Nivas, for a fee.

“Do I need to bring Indian currency with me?”

You may exchange your foreign currency to Indian Rupees in the Guesthouse. This can be arranged upon arrival. You will get a better rate there than you will in the airport. There are two ATMs nearby the Guesthouse. You can change equivalent of Rupees required for your arrival transfer at the airport.

“Can I share a room with my partner if we are not married?”

Only married couples can share rooms. For those who are not married, rooms can only be shared with someone of the same sex.

Why do we have to bathe or shower every morning?

Cleanliness is next to Godliness. It is customary to bathe or shower and wear a set of clean clothes every morning.

We look forward to welcoming you to Peedam soon!

Om Namo Narayani